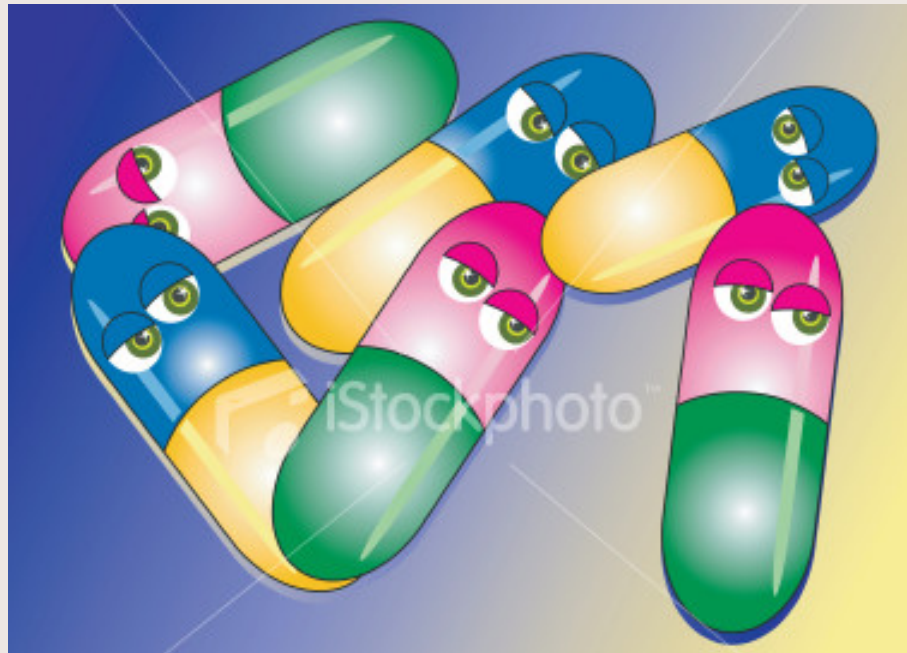




A DRUG IS ANY SUBSTANCE OTHER THAN FOOD WHICH CHANGES THE WAY THE BODY OR MIND FUNCTIONS.





Types of drugs



Stimulants (uppers) – Speed up the brain and central nervous system. Examples are caffeine (coffee, tea), nicotine (cigarettes), amphetamines, speed, cocaine and diet pills.



Types of drugs



Depressants (downers) – Slow down the brain and central nervous system. Examples are alcohol, beer, wine, vodka, gin etc heroin, tranquilizers, sleeping pills.



Types of drugs



Hallucinogens – These drugs alter the user's state of consciousness. (Distort auditory and visual sensations) Examples are LSD, ecstasy, magic mushrooms, marijuana.

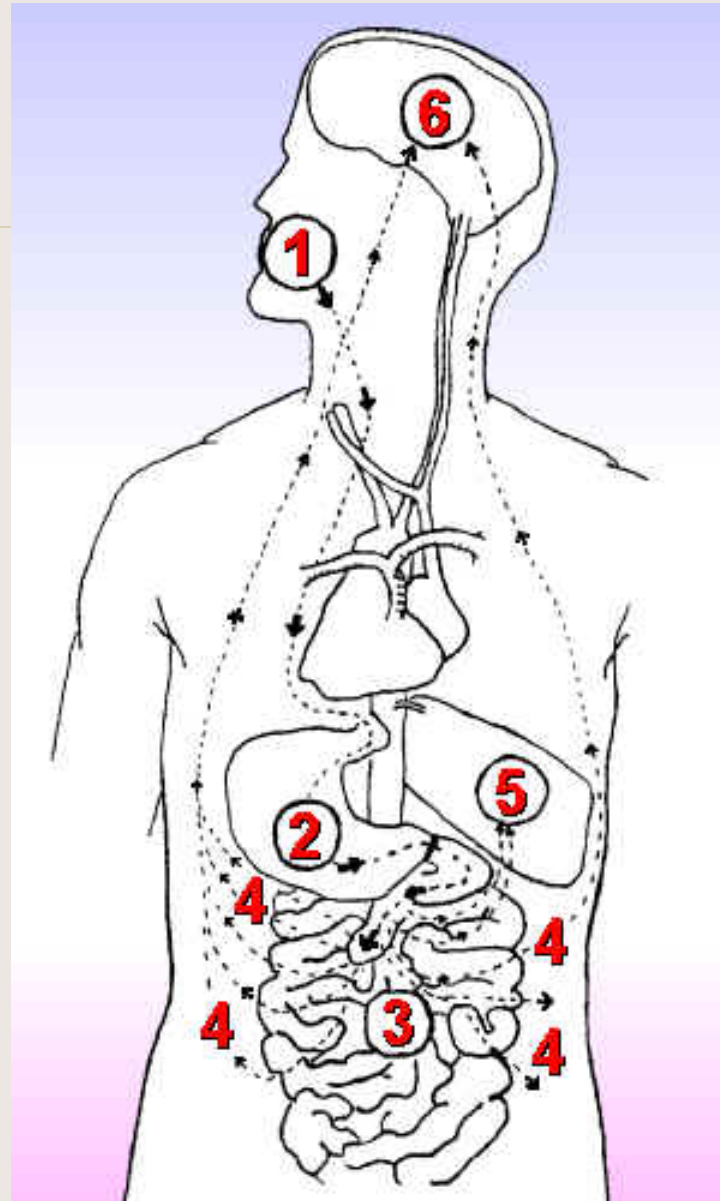


ALCOHOL

- Alcohol goes directly from your digestive system into your blood and within minutes spreads to entire body, including brain
- It spreads evenly throughout body-except brain which gets the highest concentration because it gets more blood than any other part of body
- More blood equals more alcohol
- Intoxication (drunkenness) starts in the brain

Systems

1. Mouth
2. Stomach
3. Small Intestine
4. Bloodstream
5. Liver
6. Brain





ALCOHOL



Physical Effects

- Co-ordination is impaired, clumsiness, slower reflexes
- High blood pressure, damage to the heart
- Liver damage
- If drinking when pregnant, FASD
- Life threatening when mixed with other drugs

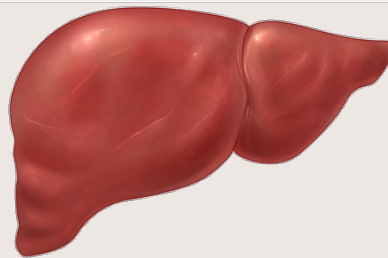
Mental and Emotional

- Behave in ways that you normally wouldn't
- Decreased inhibitions
- Increase in aggressive and violent behaviour
- Problems with school and learning

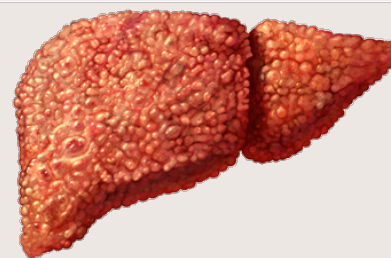
ALCOHOL and the LIVER

- The liver removes poisons - include alcohol from the body
- People who drink regularly can have serious liver damage (c and may even get liver cancer
- If the liver is damaged badly enough, it can stop working, causing the person to die.

Normal Liver



Liver with Cirrhosis





ALCOHOL



- Alcohol is the oldest and most widely used drug in the world.
- About 2/3 of Grade 6 students say they have experimented with alcohol.
- By Grade 10, over 90% of young people have tried it.
- Leading cause of death for teens and young adults is motor vehicle accidents- many of which involve alcohol use.



The word "QUIT" is formed by several cigarettes. The 'Q' is a circle of cigarettes, 'U' is two cigarettes, 'I' is one cigarette, and 'T' is two cigarettes. The cigarettes are white with orange filters and some ash is visible.

QUIT NICOTINE

- **The MOST addictive drug EVER!**
- Causes more long term (chronic non-communicable diseases) health problems than any other drug
- Adults are smoking less, younger people under 18 smoke more
- When someone stops smoking they have:
 - strong cravings
 - irritability (everything gets on nerves)
 - thoughts of it-can't stop thinking about it

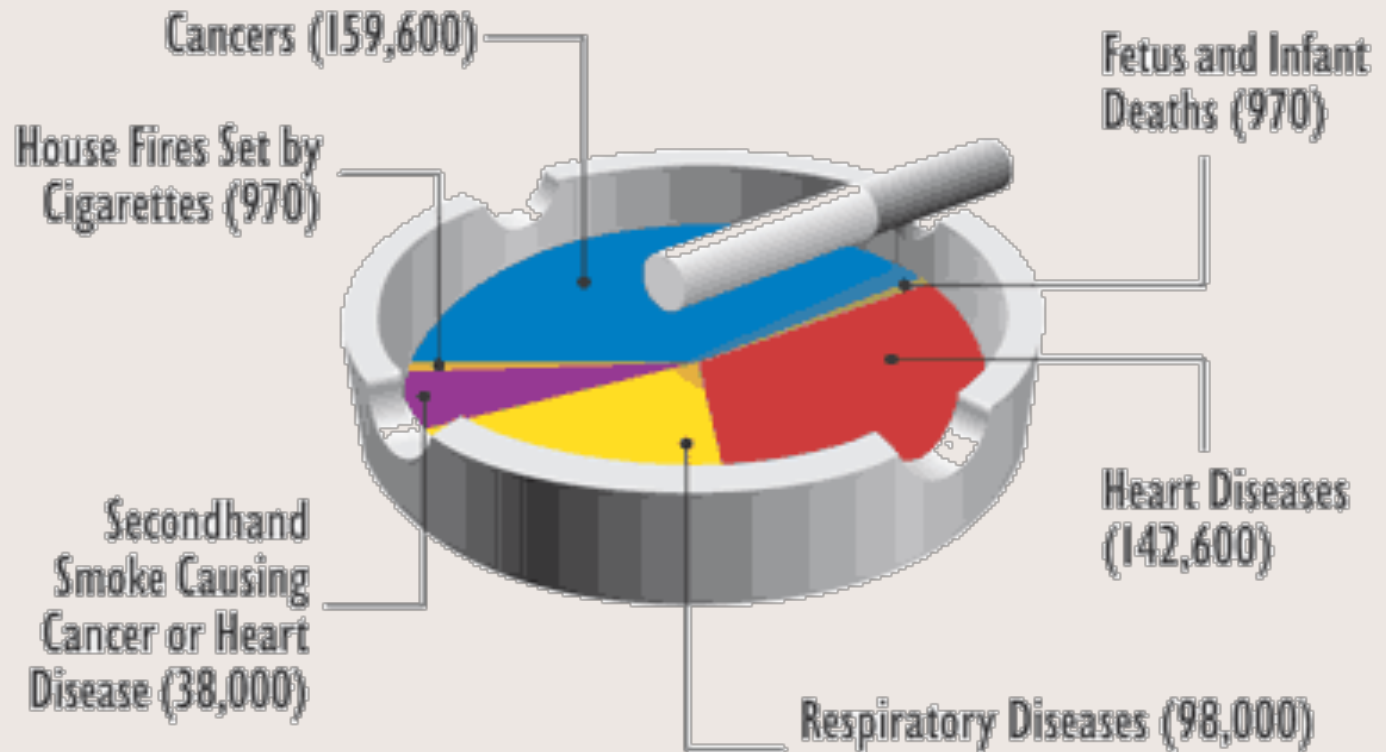
QUIT NICOTINE

What does it do to your body,
brain and behavior

- Depression
- Lung cancer
- Brain tumors
- Stroke
- Lung diseases
- Heart disease
- Skin becomes thinner and wrinkled

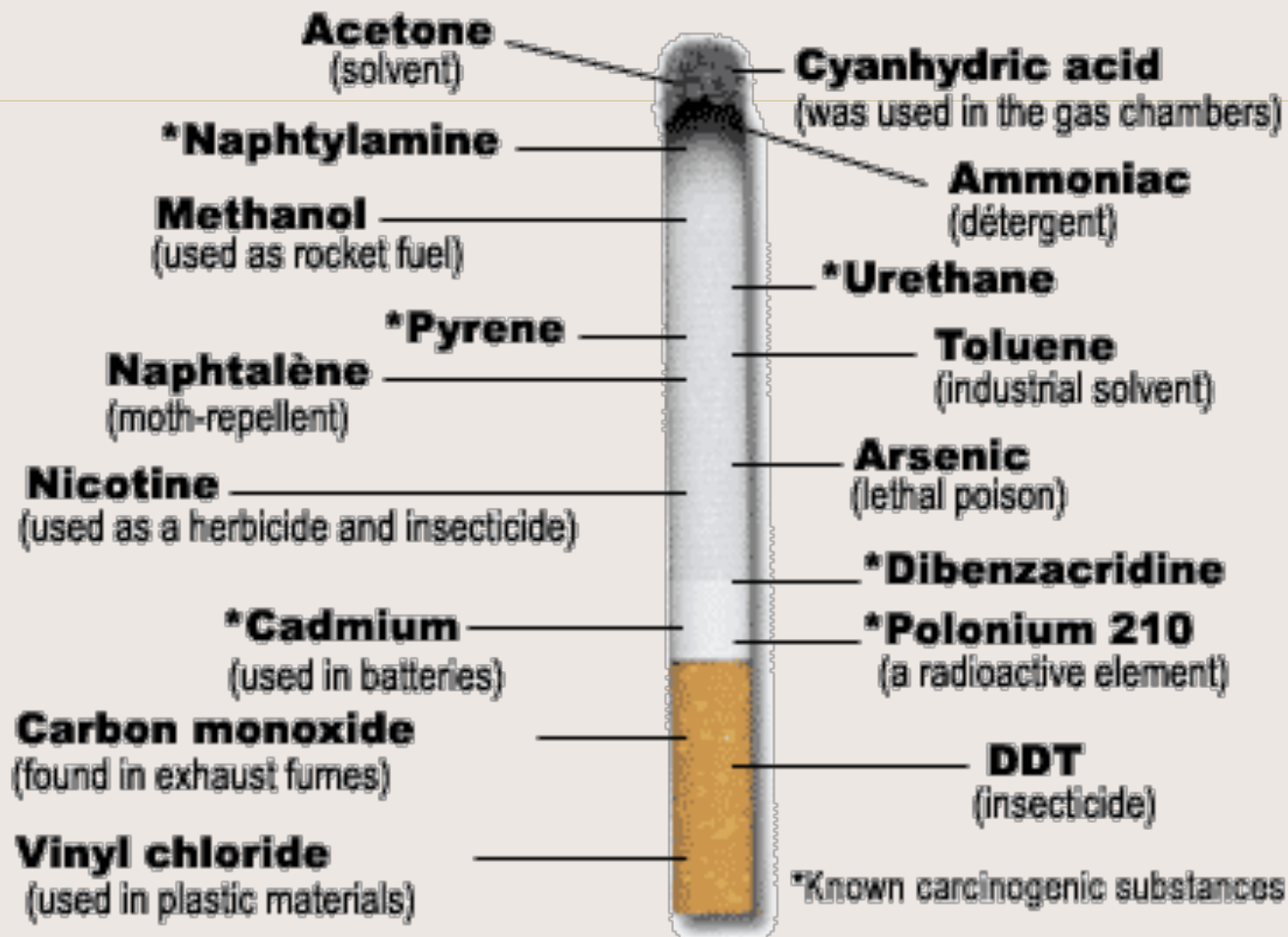


440,000 Deaths Each Year Caused by Smoking



All numbers are rounded.

DANGER POISON !



STOP SMOKING!





MARIJUANA



- Marijuana is the most common illegal drug around
- Comes from a plant called "cannabis"
- Some people call it pot, weed, grass, hash, smoke or ganja
- Cannabis has the chemical
 "tetra-hydro-canna-binol" or THC
- When you smoke a joint the THC goes into the lungs, then into the heart which pumps into the bloodstream which takes it directly to brain

MARIJUANA

- Only takes few minutes for THC to get to brain when you smoke marijuana
- Eating takes longer to get to brain-passes through digestive system first
- In brain, marijuana activates "receptors" gives you the feeling of being high
- Marijuana changes physical and chemical balance in your brain

MARIJUANA

Short Term Effects:

- Increase in heart rate, lead to anxiety and paranoia
- Distorted concept of time and space
- Decrease in concentration skills, short-term memory capacity
- Feeling tired after the "high" wears off
- Increase in appetite, weight gain

Long Term Effects:

- Breathing problems
- Lung cancer
- Damage cells and tissues in the body that fight disease
- Lack of motivation
- Difficulty processing new information



MARIJUANA

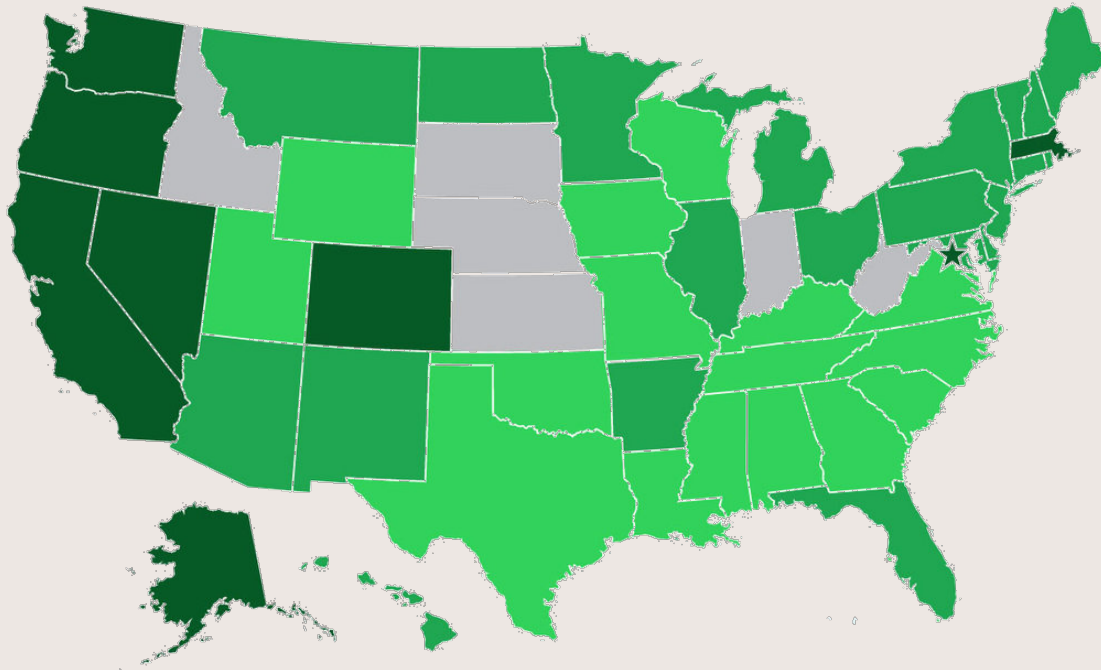


- Marijuana and cigarette smoke have some of the same cancer-causing substances.
- Benzo-pyrene (cancer-producing agent) is high in marijuana
- 400 chemicals in marijuana smoke affect lungs, throat and esophagus



MARIJUANA

Marijuana Legalization by State



* Limited medical marijuana includes cannabis extracts that are high in cannabidiol and low in tetrahydrocannabinol.

Source

National Conference of State Legislatures
<http://www.ncsl.org/research/health/state-medical-marijuana-laws.aspx>

Recreational Marijuana

Alaska
California
Colorado
Massachusetts
Nevada
Oregon
Washington
Washington, D.C.

Medical Marijuana

Arizona	Montana
Arkansas	New Hampshire
Connecticut	New Jersey
Delaware	New Mexico
Florida	New York
Hawaii	North Dakota
Illinois	Ohio
Maine	Pennsylvania
Maryland	Rhode Island
Michigan	Vermont
Minnesota	

Limited Medical Marijuana*

Alabama	Texas
Georgia	Utah
Iowa	Virginia
Kentucky	Wisconsin
Louisiana	Wyoming
Mississippi	
Missouri	
North Carolina	
South Carolina	
Tennessee	

INHALANTS

- Typically attract younger children, or adults who can't afford alcohol or street drugs
- Poverty, history of child abuse, poor grades and dropping out of school are associated with inhalant abuse.



INHALANTS Risks

- Lack of coordination
- Dizziness
- Euphoria
- Difficulty speaking
- Brain and organ damage
- Death caused by choking
- High only lasts a few minutes, abusers inhale repeatedly and can lose consciousness or die
- Long term users show weight loss, muscle weakness, irritability, depression



wikiHow to Stop Using Inhalants



alamy stock photo

CSOCHS
www.alamy.com

CLUB DRUGS

Certain drugs have become popular among teens and young adults at dance clubs and raves.

MDMA/ECSTASY

ROHYPNOL

KETAMINE

GHB

ECSTASY

- Ecstasy is a slang term for an illegal drug MDMA
- MDMA is synthetic-doesn't come from a plant but made in secret labs
- Other chemicals or substances are added to it such as caffeine, amphetamines, dextromethorphan (in some cough syrups), or cocaine.



ECSTASY

- Mind-altering drug
- Hallucinogen-acts on the mind to cause people to see or feel things that aren't really there
- Hallucinogens mix up pictures in the mind and throw people into scary or sad experiences in the past
- Ecstasy is called "love pill" increases perception of color, sound and sensations



ECSTASY

- "Hit" of ecstasy lasts 3-6 hrs
- Once swallowed takes 15 min to enter bloodstream and reach brain
- 45 min later user reaches peak level high
- It's downhill from there unless user takes more



ECSTASY

Effects

- Feeling of sadness
- Anxiety, Depression
- Memory Difficulties
- Paranoia
- Nervousness
- Insomnia
- Drug cravings
- Increased touch of sense
- Suppresses need to eat or sleep
- Moist skin or dry mouth



ROHYPNOL

Date rape Drug



- Rohypnol is used in the short-term treatment of insomnia and as a pre-medication in surgical procedures
- Rohypnol can affect your brain and body
- Damages neurons in your brain, impairing your senses, memory, judgment, and coordination
- Artificial drug-created in a chemistry lab during medical research

ROHYPNOL

- Makes user very relaxed, confused, "spaced-out"
- Takes away all inhibitions, making people do things they normally wouldn't



ROHYPNOL

- Can make user pass out or slip into coma if taken in large dose or mixed with other drugs
- Affects your self-control - is used in "date rape" and other assaults can make you unconscious and immobilizes you
- Causes a kind of amnesia-user doesn't remember what they said or did while on the drug
- Comes in a form of a pill, or sometimes powder mixed with a drink, or put into someone's drink

GHB (gAMMA HYDROXY-BUTRATE)

- Illegally produced
- Form of a liquid that has no color or odour
- Known as a designer drug-made for purpose of getting people high



GHB (gAMMA HYDROXY-BUTRATE)



- Swallowed in liquid or powder form, mixed in water, or as tablets
- Causes euphoric high-intense rush of happy feelings and hallucinations
- Killed more people than ecstasy
- Side Effects:
 - Puking
 - Breathing Problems
 - Dangerously decreased heart rate
 - Seizures



KETAMINE



- Fast acting anaesthetic and pain killer used primarily in veterinary surgery, and human medicine
- Produces vivid dreams of hallucinations
- Makes user feel that the mind is separated from the body "dissociation"



KETAMINE



- Ketamine for medicine use is sold in liquid form
- Available in white powder form which is snorted, mixed into drinks, or smoked with marijuana
- Liquid added to drinks
- or injected
- Dissolves when slipped into drinks



KETAMINE

- Effects of drug felt between 1-10 min after use (Lasts about an hr)
- Drunken and dizzy feeling
- Numbness of body, Blurred vision, Confusion, feeling of being "weightless"
- Intense, terrifying hallucinations
- Loss of consciousness
- Prevents user from feeling pain
- Leads to suffocation - by breathing vomit into lungs
- Reduces level of oxygen in the brain, heart and muscles which can lead to death

HEROIN

- Processed from morphine - obtained from opium poppy
- "downer" affects brain's pleasure systems - interferes with brain's ability to feel pain



Heroin colors can vary from a dark brown sugar color to a whitish color appearing a lot like cocaine

HEROIN

- white to dark brown powder or tar-like substance
- is cut with other drugs or substances (sugar, starch, powdered milk)
- abusers don't know actual strength of drug or true contents = high chance of overdose or death
- sharing needles and equipment cause other diseases and problems for users



HEROIN

- leads to flushing of skin, dry mouth, collapsed veins, liver disease
- additives don't dissolve leading to clogs in blood vessels that lead to lungs, liver, kidney or brain
- tolerance develops with regular use - user needs more heroin to achieve same intensity





Roseanne

- Roseanne Holland
- Age 29
- Before her heroin habit took over her life



2 of 2

Ms Holland's habit starts to show in her face.

Studies in London suggest that there are at least 45,000 chronic crack addicts in the city.



3 of 3

- Ms Holland is American - police have pictures of British addicts but were constrained by issues of confidentiality.



4 of 5

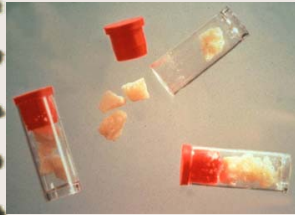
- Another addict taking part in the campaign wrote: "This drug is evil...Not only the outer disfiguration is extreme, the effect it has on your insides are worse".



5 of 5

- At 38, Ms Holland has sunken cheeks and a skeletal face. Police do not know where she is but assume she is dead.





Cocaine + CRACK



- Cocaine is a stimulant drug-more alert and energetic
- Cocaine is a white powder comes from the leaves of coca plant
- Can be one of the hardest drugs to quit
- Crack is cocaine cut with baking soda.
- It's smoked while coke is snorted or injected

Cocaine + CRACK

- Cocaine makes people feel energetic, talkative, alert and euphoric
- More aware of senses (increases sound, touch, sight and sexuality)
- Reduces hunger and need to sleep
- Increase in self-control and confidence
- High doses cause panic attacks, psychotic episodes (paranoia), violent behavior

Cocaine + CRACK

- Blood vessels thicken and constrict, reduce flow of oxygen to heart
- Heart muscles work harder can lead to heart attack or stroke
- Raises blood pressure, can explode weakened blood vessels in brain
- Small amount can lead to overdose
- Overdose can cause seizure or heart failure
- Snorting cocaine can cause sinus infection and loss of smell

Cocaine + CRACK



- Damage tissues in nose, cause hole in nose
- Damage lungs-severe chest pains, breathing problems, high temperatures
- Cocaine increases the same chemicals in the brain that make people feel good when they eat, drink or have sex



Cocaine vs CRACK

- Crack is much cheaper to create than cocaine, which is why it is also cheaper to buy.
- Crack is becoming more and more popular as the years progress.
- Cocaine has been in existence for quite some time and is one of the oldest drugs available. Crack is a relatively new substance.
- When smoking crack, it takes approximately 10 to 15 seconds to receive its effects. When snorting cocaine, it takes a lot longer to feel the effects, approximately 10 to 15 minutes.
- Crack is considered a more dangerous and addictive substance.
- Crack is typically a purer substance than cocaine is.
- Crack comes in the form of a white crystal rock; while cocaine comes in the form of a white powder.

CRYSTAL METH

- Man-made drug
- Easy to produce (15 chemicals used)
- Main ingredient pseudo ephedrine (cold remedy), is cooked with chemicals found at hardware store-red phosphorous, iodine, ammonia, paint thinner, ether, Drano, lithium from batteries
- Investment of \$150 can yield up to \$10,000 worth of the drug
- Each kg of meth produced 5-7kg of chemical waste dumped down the drain or dumped in backyard



CRYSTAL METH

- By-product is toxic gas which causes fires or explosions
- Drug was used during Second World War to keep pilots awake on long missions
- Methamphetamine releases high levels of dopamine in the brain a neurotransmitter that is associated with pleasurable or rewarding experiences
- After it is taken user feels increased wakefulness and physical activity and decreased appetite

CRYSTAL METH

- Higher doses cause irritability, insomnia, confusion, hallucinations, anxiety, paranoia and increased aggression
- Even higher doses can cause hypothermia, convulsions and lead to death
- When body is stimulated by meth it causes irreversible damage
- Increased heart rate and blood pressure damage blood vessels in the brain, causing strokes, irregular heart beat causing a collapse or death

Sex risks

- Substance abuse is correlated with risky sex...
- In one study a woman coming off of meth reported 100 different sexual encounters with 60 different partners in the past month.
- Risky sex is correlated with many diseases

Crystal meth

Some pictures of effects of methamphetamine



4 years, 5 months later











2005© "Faces of Methu





2005 © "Faces of Meth"



Meth Mouth

- Characterized by broken, discolored and rotting teeth.
- Meth causes the salivary glands to dry out
- Mouth's acids to eat away at the tooth enamel, causing cavities.

FERGIE

- "It was the hardest boyfriend I ever had to break up with."

"I dug deep as to why I got there. It's the drug that's addicting. But it's why you start doing it in the first place that's more interesting"

- "A lot of it was being a child actor, I learned to suppress feelings."
- "Performing, instead of taking drugs, now helps me express my emotions."



PRESCRIPTION DRUG ABUSE

- ◆ Prescription drug abuse is using prescription medication in a way that isn't prescribed by a health care practitioner, or using someone else's prescription.
- ◆ Kids as young as 12 are trying prescription drugs to get high
- ◆ Prescription drugs are easier to obtain (can be stolen from medicine cabinet)
- ◆ Teens think they are safer because they have been prescribed

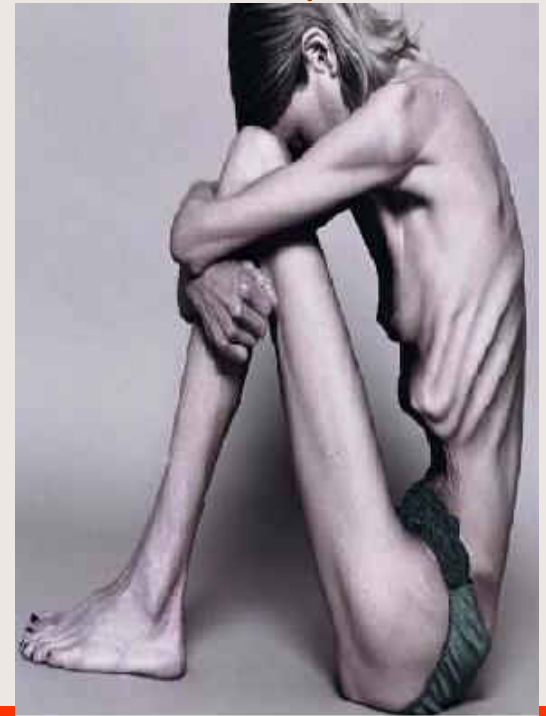
PRESCRIPTION DRUG ABUSE

- Misuse of laxatives, diuretics and diet aids to improve personal appearance
- Mixing alcohol and prescription drugs to achieve and enhance a "high"
- Use of codeine cough syrup to achieve intoxication
- Misuse of stimulants to enhance performance



Frequent use of laxatives as a form of weight control can cause serious problems:

severe dehydration, heart attack, nervousness hallucinations, high blood pressure, insomnia, confusion, death



Substance abuse and society

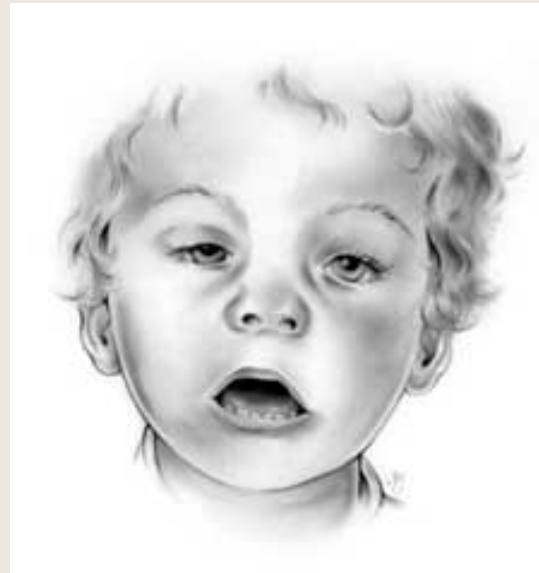
What are the effects of substance abuse on society?

- Spread of diseases such as HIV/AIDS and Hepatitis C through sharing needles, or having unprotected sex



Substance abuse and society

Effects on unborn children or other complications from drug use



EFFECTS OF DRUG USE ON CHILD

- Miscarriages
- Premature birth
- Low birth weight
- Birth defects
- Developmental problems
- A baby's health problems, if caused by a drug will continue to grow as the child grows.



Substance abuse and society



CRIME

- drug possession
- drug use
- drug trafficking
- drug manufacturing
- theft
- break and enter
- robbery
- motor vehicle theft



Substance abuse and society



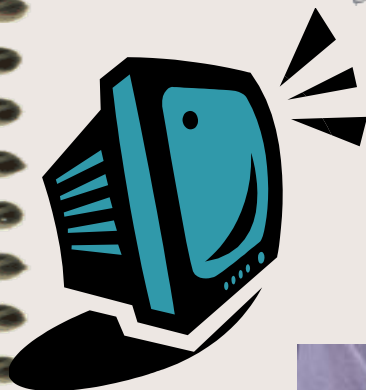
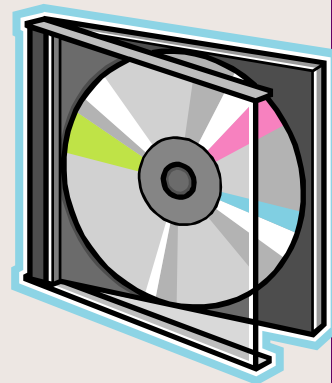
HOMELESSNESS





WHY DO PEOPLE USE DRUGS?





MEDIA

POSITIVE



REINFORCEMENT



??



???

BOREDOM

CURIOSITY



THE BATTLE
AGAINST BOREDOM



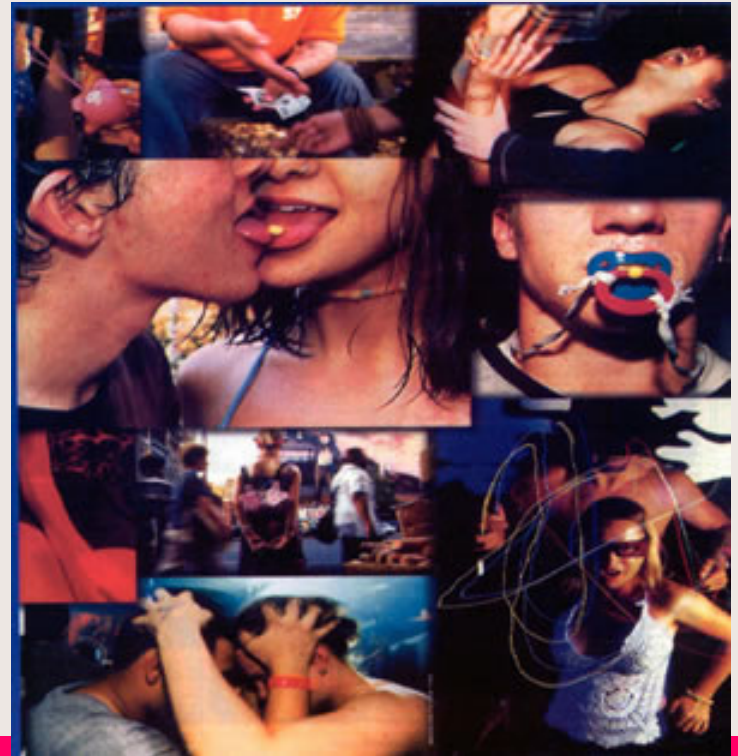
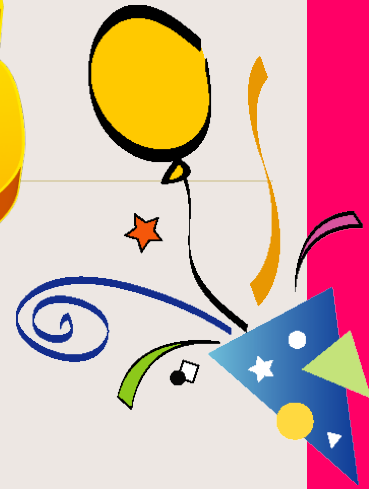
CONTINUES...

EMOTIONAL PRESSURE





CELEBRATIONS





*Peer
Pressure*



PEER PRESSURE



The Power of

Peer Pressure



Previous Drug Use





Dependence



RISK FACTORS

- **Friends who use drugs (this is the number one predictor of who will experiment with drugs/alcohol)**



RISK FACTORS

Family management problems

- poorly defined rules
- inconsistent application of rules
- lack of monitoring
- excessive discipline
- negative communication patterns
- poor anger management



RISK FACTORS

- Absence of healthy recreational or leisure interests
- Early antisocial behavior (e.g., aggression, hyperactivity, defiance)



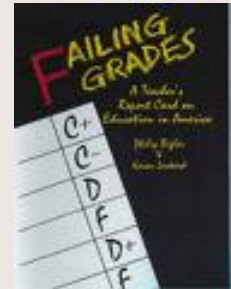
RISK FACTORS

- Parental drug use and a positive attitude toward use



RISK FACTORS

- Academic Failure (low and failing grades)
- Little commitment to school



RISK FACTORS

- Favorable attitude towards drug use
- Early first use of drugs
- Prenatal exposure to alcohol (FAS/E)



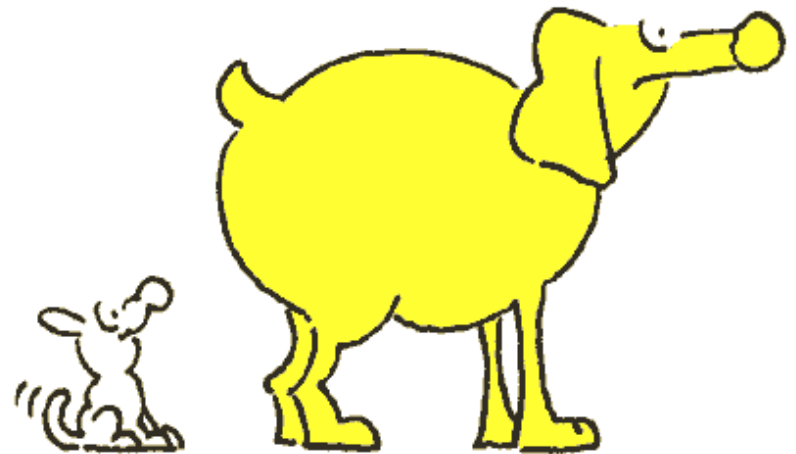
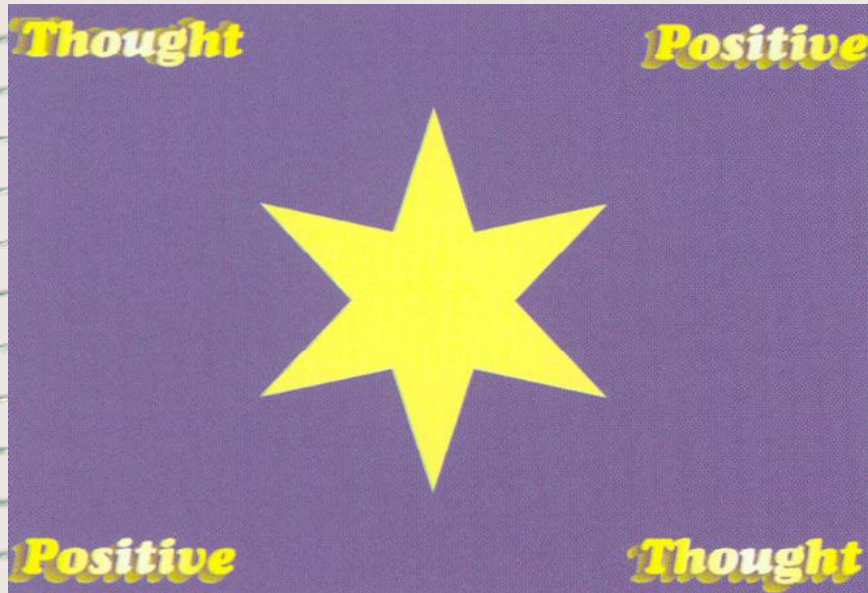
PROTECTIVE FACTORS

- Involvement in alternative activities
- Sense of well being and self-confidence



PROTECTIVE FACTORS

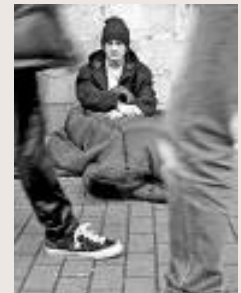
- Positive future plans
- Healthy coping strategies to deal with stress
- Positive attitude towards learning



THINK POSITIVE

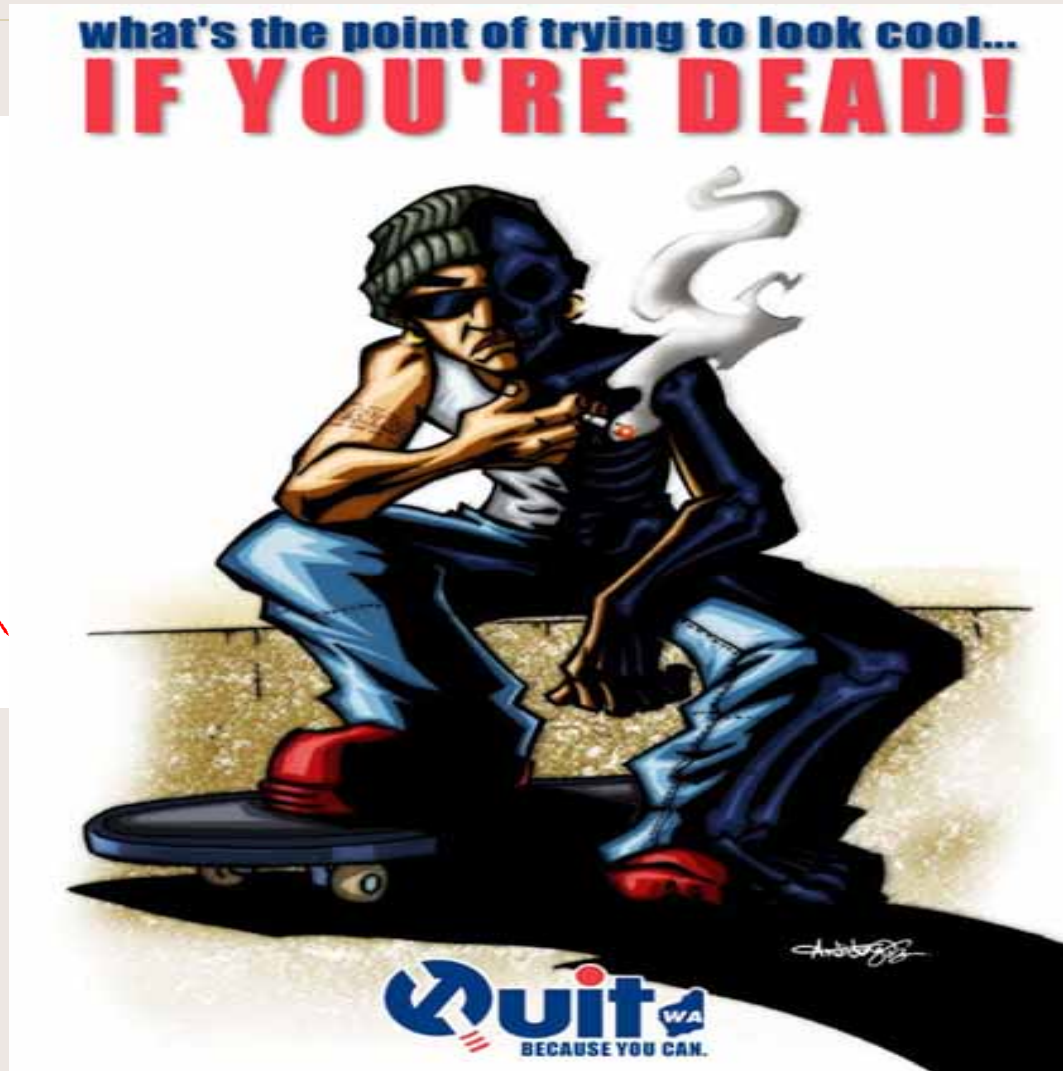
PROTECTIVE FACTORS

Knowledge about risks associated with substance use



PROTECTIVE FACTORS

Negative attitude towards substance use



PROTECTIVE FACTORS

- Positive relationships with adults



PROTECTIVE FACTORS

Friends disapprove of drugs and use

